



KOPAONIK OPEN
5 DAYS KOPO O-CAMP
17-21 July 2017

KOPAONIK OPEN 2017
Kopko O-camp
3rd International orienteering camp
17th to 21st of July, Kopaonik

Bulletin number 2

<http://kopaonikopen.org>

Organizer: The Sports Association "Jasenica"
from Smederevska Palanka, Serbia



Orienteering camp program

Sunday, 16th of July	<ul style="list-style-type: none">• Arrival / registration of participants of the camp• Introductory meeting with O-Camp participants at 20.p.m.
Monday, 17th of July	<ul style="list-style-type: none">• Afternoon training – Intervals (in couples) at 16 p.m.
Tuesday, 18th of July	<ul style="list-style-type: none">• Morning training – Corridor at 11 a.m.• Afternoon training – Analysis at 18 p.m.
Wednesday, 19th of July	<ul style="list-style-type: none">• Morning training – Donuts at 11 a.m.• Afternoon training – Sprint Score at 17 p.m.
Thursday, 20th of July	<ul style="list-style-type: none">• Morning training - Butterflies at 10 p.m.• Afternoon training – Fog at 16 p.m.
Friday, 21st of July	<ul style="list-style-type: none">• Morning training – Relay at 10 a.m.• Meeting with O-camp participants and the organization team at 14:30 p.m.

Training duration is limited to 60 minutes (except for the last training)!!!

Meeting point for every training is in front of „Home of the army“ 30 minutes before every training starts

Organizational team the Kopko O-camp

Camp director: Tatjana Ljubisavljevic

Main/Head coach: Jelena Kozoderović (licensed sports expert in orienteering, a professor of sport and physical education)

Assistant coach: Dragisa Bauer (licensed operating coach in orienteering)

Technical organization: Radovan Markovic, Stevan Roksandic, Miodrag Radisavljevic

Classes

- ✓ A – hard, B – medium, C – beginners

Maps

- ✓ ISOM standards; stands: 2016/2017, scale: 1:10.000, e=5
- ✓ Training and course planer – Jelena Kozoderović (licensed sports expert in orienteering, a professor of sport and physical education)

Punching System

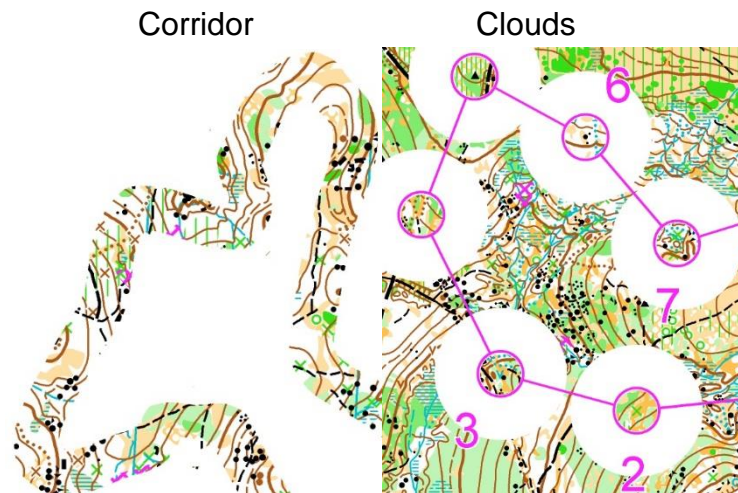
- ✓ For verification of controls/time keeping will be used Sport Ident system (training mode)

General remarks

- ✓ All participants take part in the training camp at their own risk
- ✓ O-camp participants are not insured by the organizer

We would kindly ask all participants of the camp to dispose of garbage at the designated places!

Examples of training



Contact

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